

Type	Idea
action	Continue to stress abstinence - how do we help non-abstinent people
action	Define the nuts and bolts of abstinence(tools) - what is our responsibility
action	Direct 1:1 contact to encourage OA' to join us
action	Do we toot CCI's horn enough
action	Group reps could go to at least one other meeting to speak 5 minutes on CCI
action	Have more newcomer meetings
action	How do we shift to positive focus - healthy eating vs don't do this
action	How do we target younger members, while helping our aging population
action	How to implement the tools
action	Learn what strong meetings are doing in other areas, what are other groups doing on abstinence, sponsorship and working the steps.
action	Look to big book or other resources like - Dr. Bob - Pay it forward. Insurance policy against next slip
action	Personally invite members to CCI or committees
action	Provide a format to welcome new comers
action	Try getting "your group" to go to a new meeting that night for that month - maybe create synergy thru merging
action	We do not have numbers at meetings - do we have too many meetings?
action	What should we suggest for abstinence. How can we help a group to respond to abstinence. What education can be provided
action	Why are our meetings so small - we can call people to check on them
action/board	Have CCI officers show up at various meetings talking and inviting members to CCI
action/committee	Community outreach - PI/PO so important - continue work and increase
action/event	Get to know each other by providing fun activities
action/tech	Embrace technology, especially young people while adhering to traditions and bylaws
action/tech	Mention in groups to add to their format to list the cci website to get more detail information on events and happenings
attitude	Act as if - youth = enthusiasm
attitude	Appeal to rise to the commitment
attitude	Are CCI members enthusiastic about our group, abstinence, life, recovery
attitude	As an officer of Intergroup need to demonstrate and uphold a standard.
attitude	CCI is too serious, lack of fun
attitude	CCI leadership to demonstrate discipline. Discipline then is passed down
attitude	CCI needs to have the following characteristics - attractiveness, encouragement, enthusiasm
attitude	Change thinking to I can not I can't
attitude	Do something festive - something not just business
attitude	Lack of lightness to the meeting

attitude	Lightness is attractive
attitude	Liked the idea of stressing abstinence
attitude	Meetings are boring - do some fun things - dinner/dances
attitude	Offer encouragement to be stronger than we are
attitude	Opinions need to be valued
attitude	Remember members do not want to be on the front line of business
attitude	There is a disconnect between above the group level and group. Need to make sure of the understanding the only requirement is a desire to stop eating
communication	Call to action to strengthen meetings
communication	CCI communicated well the historical knowledge of items to new comers
communication	CCI provided good communication to groups reps
communication	CCI website needs improvement
communication	Communicate why it is important for everyone to be at CCI
communication	Direct one on one communication is best
communication	Group reps carried idea to groups
communication	How can each of us be useful to myself and others
communication	How do we get our message out
communication	If you don't toot your own horn, someone may mistake it as a spittoon
communication	Increase communication between CCI and general OA population
communication	Is our message too watered down
communication	Lack of getting info to all groups if no group rep
communication	Listen to smaller groups
communication	Make sure newsletter gets to people and groups
communication	Members do not even know there is a website
communication	Need a call to action - something to take back to groups
communication	Provide easy online information
communication	Provide newsletter weekly of information that could be distributed
communication	Remind members to be of service or use to others
communication	Reminder that groups are on top of the pyramid and service bodies are on the bottom
communication	Summarize CCI meetings on our website
communication	Talk about "healthy do's" not just "don't". Knowing what to do
communication	Tell groups what we need at CCI give reason of being part of something bigger
communication	Tell groups why they need a rep - rise to commitment
communication	Website is publicized to members

[illegible]

listed under positives

listed under positives

listed under positives

listed under positives

listed under where holes exist

listed under positives

listed under positives